

# School Health News

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November 2018

## Flu vaccination

We are delighted to offer you the opportunity to get your child's flu vaccination done in school. The vaccination is a nasal spray and will be administered by the school nursing team. Our day for flu vaccination is Friday 14<sup>th</sup> December 2018.

An information letter and a consent form will be sent out to every Reception, Year 1 and Year 2 child in the last week of November. Vaccinating your child will not only protect your child it will also protect the elderly and the more vulnerable in our community.

Thank you

## Hand Washing

In school we remind the children to wash their hands, making sure they use soap and water. Please encourage your child to also wash their hands especially before eating food and after going to the toilet.

## Dental Nurse

At the beginning of November, Sally the community dental nurse for Hillingdon, visited our school. She showed all the children how to brush their teeth correctly. The children will hopefully start to use these techniques at home when they brush twice daily.



## HEADLICE

Please can you check your child/children's hair weekly. This will hopefully stop an outbreak in school. The egg of the headlice (nit) can hatch up to a week after it has been laid, therefore it is really important that you retreat your child's hair a week after the first treatment. You may well have to pull the eggs out with your fingers.



Thank you from Mrs Hook

## General Reminder

Please inform school promptly if you suspect your child has chicken pox or any other childhood illness. A phone call into school as early as you can would be very welcome. It will help us pass this information on to our more vulnerable families. Thank you

## Cold Weather

It is really important at this time of year to ensure that your child/children come to school wearing a hat, scarf, coat and gloves. It would be fantastic if you can make sure that they are all named.